

LUPUS

Lupus (LOO-puhss) is an autoimmune (aw-toh-ih-MYOON) disease that can damage any part of the body (skin, joints, and/or organs inside the body.) In autoimmune diseases, something goes wrong with the immune system, which fights off viruses, bacteria, and other germs. Lupus signs and symptoms can last a long time, often for many years.

- Anyone can get lupus, but 9 out of 10 people who have lupus are women. It is estimated that between 161,000 and 322,000 adults in the U.S. have lupus. African American, Latina, Asian, and Native American women are at greater risk of getting lupus than white women.
- Having lupus raises your risk of developing heart disease and osteoporosis.
- The cause of lupus is not known. More than one factor is likely to play a role, including possibly genes, things in the environment, hormones, and other problems in the immune system.
- Lupus can be hard to diagnose. Lupus is often mistaken for other diseases and no single test can tell you if you have it. Your doctor will review your symptoms, family history, and do a few tests to find out if you have lupus.
- There is no known cure for lupus, but there are treatments.
- Women with lupus can safely become pregnant. Lupus should be under control or in remission for 12 months before getting pregnant.

FOR MORE INFORMATION

National Institute of Arthritis and Musculoskeletal and Skin Diseases

Phone number: (877) 226-4267

Internet address: <http://www.niams.nih.gov>

National Institute of Neurological Disorders and Stroke

Phone number: (800) 352-9424

Internet address: <http://www.ninds.nih.gov>

National Heart, Lung, and Blood Institute

Phone number: (301) 592-8573

Internet address: <http://www.nhlbi.nih.gov>

American Autoimmune Related Diseases Association

Phone number(s): (586) 776-3900 or

(800) 598-4668 Literature Requests

Internet address: <http://www.aarda.org>

American College of Rheumatology

Phone number: (404) 633-3777

Internet address: <http://www.rheumatology.org>

Lupus Foundation of America

Phone number: (800) 558-0121

Internet address: <http://www.lupus.org>

S.L.E. Foundation

Phone number: (800) 745-8787

Internet Address: <http://www.lupusny.org/index.php>

For an in-depth look at lupus, visit [womenshealth.gov](http://www.womenshealth.gov) at <http://www.womenshealth.gov/faq/lupus.cfm>.



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